

# FULLY INVOLVED

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**Fire Chief  
Dale Ekins**

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## “WHAT’S IN IT FOR ME?”

Our natural tendency for motivation to do things is the phrase, “What’s in it for me?” We need to know how it will benefit us. Whether it is an offer of low fare on a cruise or a special price for an I-pod, we are interested in how it will benefit me. It is natural to look out for ourselves and be action oriented to things that benefit us. I had a salesman, years ago, come to me as a business owner and ask me to buy a large amount of merchandise from him as he was in a contest to sell a certain amount of merchandise to win a trip to Hawaii. His intent was to win this trip without any consideration of how it would affect me. I had plenty of inventories, at the time, and did not need more. The price of the added merchandise was not sufficient to tempt me to burden my business with questionable amounts of inventory. His wants did not consider my needs. His plan would have burdened me with inventory that I would have to reduce or promote just to get rid of it but he would be in Hawaii basking in the sun. It didn’t work for me and my business at that time.

As I think about the fire service and this topic I have briefly mentioned, I think of the many tasks and increased functions that we are expected to be proficient in. In the recent past, firefighters have been tasked with basic firefighting of structures and wildland along with basic emergency medical calls. We are now expected to be proficient in the above as well as hazardous materials response, higher levels of emergency medical response, terrorism issues, code issues relating to carbon monoxide, smoke detectors, emergency response to natural disasters, technical rescues in trench, confined space rescue, water rescue, high angle rescue, rope rescue and any other all hazard condition that comes up. The “what’s in it for me” question comes up as we increase our expectations for our general job description. Our job description and expectation is now increased because of our changing world.

We can choose to be one of two types of employees. 1) We can show up and do the minimum required to keep our jobs showing no extra effort to improve our education in the new fields in our vocation. This person tends to slow the progress of his/her crew in not being active in pushing forward with new information and energy to keep current with the new trends in our vocation. 2) We can be the one that leads the way in new information and trends in our vocation with energy and enthusiasm to keep ahead of the new ways of performing our tasks. There is a personal pride with this person that instills an attitude of unity for the team. (Crew) This person is usually the one that follows policy and supports his/her superiors.

The “what’s in it for me” question comes back to the question of “what is the benefit of being a firefighter?” Here are a few things to think about when we ask the first question.

- \*We are looked at by the public as the most trusted vocation in the world
- \*We tend to be hero’s for many young people as we do our work
- \*We have a great schedule for healthy family development
- \*We have high quality officers interested in their crews
- \*We have competitive wages and benefits to help raise our families
- \*We are supported by the best training and equipment
- \* We work with the best people in the world
- \*We have a great boss (Lehi City) that supports us in various ways

I hope that we can appreciate the vocation we are serving in and work hard to improve ourselves as well as our crews to help prepare us for those unexpected incidents that stretch our skills. We need to be slow to criticize and be eager to offer support to each other. What’s in it for me? Just the best job in the world.

## Current Events of LFD:



**Engineer Dan Harris**

As the stair climb looms, we were able to raise \$165 for the American Lung Association at Emmett’s & Ethel’s. Station 81 B shift’s crew was able to help serve our very own Firehouse Crunch ice cream on January 15th. Emmett’s donated a portion of the sales for the time we were there and patrons also donated. Thanks to all that helped! And thanks to all of you that have gone in with your families to try our flavor and support our fundraising efforts!

As for the stair climb we still only have Captain Curwen and myself signed up. Some of you have expressed an interest but time is running out to sign up. I hope all of you will take advantage of this opportunity that only comes around once a year.

Winter fire school was recently held in St. George. Several people from our department were able to attend including Shad Hatfield, Randy Wells, Trevor Dorton, Paul Larsen, Ray Day, and Jared Carlson. Chief Ekins and Chief Howard also attended the state chiefs meeting.

Patrick Cullen and myself put on an air management training in January. Thanks for all the positive feedback. For those of you who were unable to attend, please check out **manageyourair.com** and read up on the Rule Of Air Management (ROAM). There are a lot of great articles you can read regarding air management. LFD will be practicing ROAM and we all need to become proficient. C shift recently had two fires and as I have been told, they were able to put this training to use!

For all you ski enthusiasts out there, there is a fun back country event on Saturday March 12. The event is called the Wasatch Powder Keg and there are both race and recreational divisions. I did it about three years ago and had a blast!! Anyone who is thinking of trying out back country skiing, this is a great way to get into it. The website is **wasatchpowderkeg.com** and has all the information you need.

# MOVING PROFESSIONALLY TOWARD THE FUTURE OF OUR PAST



**Captain  
Tim Robinson**

8J580 respond to a roll over at five mile pass. I listened to the same message as it was repeated over my pager three times. I quickly brushed the cement dust off my pants and sprinted for my vehicle. I could be at the station in four minutes if traffic was good, and my Nissan flaunted some muscle down State Street. Upon reaching the station I quickly managed to squeeze into my blue jumpsuit which helped cover the dirt and grease that had accumulated on my clothes from work. I hastily boarded the ambulance and we went in route without receiving a second page, which was to be commended, especially at ten in the morning. All three personnel that had signed up were present and accounted for, and we were on our way. Ten minutes after being in route the county sheriff had arrived on scene and advised us that there were two "delta" patients and one "alpha" patient. We advised dispatch to page 8J581 to respond, knowing that there was a slim chance of anyone showing up for a second ambulance. Patient care and treatment was going to be a challenge, but with three certified EMT's on scene, I felt like we'd be up to the challenge. Upon arrival at the scene we quickly went to work on the "delta" patients. With help from sheriff deputies and bystanders, the patients were secured on a backboard and loaded into the ambulance. One patient was placed on the stretcher, one on the bench seat, and the "alpha" patient was seat belted into the captain's chair. Everything felt like a blur in route to the hospital due to the numerous patient needs. The confidence I had felt was beginning to diminish. Although the heavy bleeding was being controlled, vitals were being taken, and IV's being started, I simply felt like I was just a 'body' in the back of that ambulance applying text book memorandum rather than a progressive thought process that is gained and developed through ongoing scenario trainings. I reflect back on many times where I felt as though I was just a body applying a textbook level of training. However, going on calls now I feel more confident and more capable of thinking through any given number of scenarios. What has changed? I feel that much of this change started to take place when Lehi moved toward having a full-time fire department. This change has made it possible to be able to train with my crew on a continual basis as well as being able to apply these trainings to scenarios in the field. It is impossible to gain a professional level of training and care from a textbook alone. Ongoing trainings and scenario practices are vital to fostering the thought processes needed when faced with real life situations. The ability to think clearly and process information is extremely important and necessary for us to be able to provide the best treatment and consideration for the patient.

As Lehi Fire Department has progressed over the years and gone from a paid on call basis, in which we responded from our homes, to a full-time fire department I often reflect on how things have changed. To put things in perspective it seems as if what we did at the time was more of a hobby or a labor of love, than it was a profession. Therefore, the level and quality of care the public received was not as high as it could be. I would compare it to someone who lays tile for a friend and charges much less money for their services than what a hired 'professional' would charge to do the same work. The friend may know how to lay tile but it is not their profession, nor are they considered a 'professional.' It may save some money but you are probably not going to have the same quality of work, had you spent the extra money and paid to have a 'professional' tile layer do the work. The same principle applies to the cities in which we serve. As departments have made transitions from volunteer or paid on call basis to full time departments it may cost the city more money but the city will now have a higher quality of service as they are now able to offer their citizens more of a 'professional' level of care.

The word 'professional' means using skill, judgment and discipline to perform a job well. To become a 'professional' requires a lot of hard work, training, and dedication. To ensure that we can offer a 'professional' level of service, training is very important. I firmly believe that much practice is needed to help utilize our skills and be able to perform when we are in the field. Practice is necessary to keep skills sharp and prepare for different scenarios. If we don't practice or train how can we expect to improve or perform those valuable skills when necessary? When we serve in the field and fail to perform to certain standards or show a lack of ability in our profession, the public and the media begin to lose trust and question our ability to perform our job. Management must then step in to take necessary actions to improve the situation and mend the public's perception. Real life scenarios are hard to simulate during training, but our department has provided some of the best training scenarios and tactics available. It is wise to take advantage of these training opportunities! The convenience we have to train with our crews gives us an enormous advantage compared to the days of responding from home. The same people are at the station for forty eight hours. Take advantage of this time to train and practice and become a 'professional'. Your actions and attitude during these important trainings will follow you to the fire ground, and medical scenes.

Your attitude at these trainings is an important aspect of job performance. Working as a paramedic/EMT has given me the opportunity to see many different styles of patient care. I've witnessed some of my colleagues display great pride if they could talk a patient out of going to the hospital. This meant less paperwork of course, and ample time to "study" back at the station. On the other hand, I have witnessed compassion and concern for the well-being of a patient, regardless of their need for emergent care. CO alarms and panic attacks should be handled with as much care and concern as would be given on a structure fire or full arrest. The citizens are paying for a 'professional' level of help and it is our duty to give it to them.

A new era has brought the development of full time fire departments that surround our city. One challenge this has brought is breaking down the invisible barriers of response areas. For a department to feel under powered, overwhelmed, and helpless is completely unnecessary. If we need additional help, we can pick up the radio and call for help from surrounding areas, knowing that we are all 'professionals' playing on the same team, just stationed in different jurisdictions. We can work together as we strive to provide our citizens with the best service and quality of care. If we can grasp this concept and the bigger picture we can better help our leaders to see the benefits of breaking down these invisible walls and maintain the confidence of the public to effectively perform our jobs.

I would like to thank the past members of this department for developing a great department full of tradition and success. Lehi Fire Department would not be where it is today without the dedicated efforts of those members who have paved the road before us. Also, the city leaders who recognized that change, was necessary for the safety and well-being of Lehi's citizens. Continuing to learn, progress, and train while maintaining a positive attitude will help ensure a successful department, capable of responding with a 'professional' level of service. It will help build a relationship of trust and confidence to the citizens we serve. I love the opportunity that I have to serve for the citizens of Lehi and I will always strive to do my best to ensure that they receive a 'professional' level of care.

Check out the Flickr website below to see some pictures from our latest calls and events. We will keep it updated so check back often.

<http://www.flickr.com/photos/fullyinvolvednewsletter/>

One of the most important parts of the personal protective equipment that we wear into fires is the one that carries the air we breathe, the SCBA. As large, heavy, and uncomfortable as it may be, it carries out an important role that cannot be done without in today's fires.

One of the earliest known stories of respiratory protection is of fireman with beards that would soak their beards in water before going into a fire. This only helped a little.

In 1818 a farmer's barn caught fire in Whitstable, Kent southeast of London, England. The barn had many horses and other livestock trapped inside. The little hand-operated pump that the farmer was using to try and put out the fire was not keeping up with the fire. John Deane then 18 years old, removed the helmet from an old suit of armor and placed it on the farmer's head. Deane then used the hand pump that the farmer was using to pump water moments before to pump air into the helmet the farmer was wearing. John Deane later used the same device to fight ship fires and received one of the first patents for a device to protect firefighters.



**Engineer Kurt Walker**

We have come a long way in the technology of respiratory protection.

If we are going to fight fire safely we need to take care of the equipment that takes care of us. To do that there are several regulations that have been put in place to protect us. One of the requirements of the regulations is that we keep them clean and in good repair. Survivair recommends that the SCBA be inspected and cleaned after every use and at least monthly.

## Mask Cleaning:

- Clean the SCBA with warm water and mild detergent.
- Immerse the face piece top first in the solution until the exhalation valve is covered.
- Agitate the face piece and gently clean with a soft brush.
- Thoroughly rinse the face piece in fresh water, paying particular attention to removal of all soap residues from the exhalation valve. If possible, direct running water into the exhalation valve.
- Allow the face piece to drip dry (I have found that hanging the mask with the exhalation valve up helps with the sticking).

## Pack Cleaning:

- Use water and a mild detergent.
- Keep the second stage regulator from being submerged in water.
- Use a soft brush and solution to clean the SCBA
- Use a damp clean cloth to clean the second stage regulator
- Air dry

Make sure that your SCBA bottle is full and in place on the pack. Lengthen all straps all the way and return it to its proper place.

There have been a lot of people that have asked me about the exhalation valve sticking. I have asked Survivair about that and they say the problem is the mask has not been cleaned properly. I have found that cleaning will help for a few days then you will have the same problem return. DO NOT use any oils on the exhalation valve. According to Survivair that will only increase the severity of the problem by attracting dirt to the valve.

If you find any problems with an SCBA please take it out of service. Red tag it and place it in the tool room at Station 81. Please make sure that your name is on it in case I have any questions.

Please take care of the things that take care of you.



# House Fire 165 North 200 West



Firefighter  
Shad Hatfield

On January 13, 2011 at 0047 Engine 81, Ambulance 81 and Battalion 81 were dispatched to a report of a shed fire at a residence. After checking enroute, dispatch notified the responding units that the shed was close to the residence. As Engine 81 pulled out of the station, a header of smoke and a glow of orange were observed two blocks away. Engine 81 called for Tower 82 and Ambulance 82 to respond. Engine 81 laid a water supply and arrived on scene to find a large shed fully involved 3 feet away from the home. Fire had extended to the C side of the home and flames shot up above the peak of the roof. Engine 81 gave a size up and assigned Ambulance 81's crew to start an initial attack from the exterior with a 1 3/4" line. Shortly after Battalion 81's arrival he assumed command. A second 1 3/4" line was stretched around to the C side and both crews knocked the fire down on the exterior. Crews made entry into the house to find conditions to be clear. Ceiling was pulled and hot spots were extinguished in the attic. Tower 82 arrived and was assigned to interior group to assist with overhaul. Ambulance 82 was assigned to RIT. Saratoga Springs responded and also assisted with overhaul and securing the utilities. Tower 82 set up the ladder and finished overhauling the roof and attic space. A litter of

new puppies was lost in the shed, however, a dog and a cat made it out of the house safely.

Battalion 81 – Erine Curwen

Engine 81 – Shad Hatfield, Randy Wells, T Hover

Ambulance 81 – Trevor Dorton, Weston Adams

Tower 82 - Jake Beck, Eddie Hales, Cory Taylor

Ambulance 82 - Trent Stanley, Lincoln Paxman



## HOUSE FIRE 3072 North 800 East

On January 18, 2011 Station 82 "C" platoon was on the way to do routine business inspections at the Running Creek Way business complex. While driving down 3200 North black smoke was seen in the residential neighborhood around 800 East. Initially the crew thought it was possibly coming from a recently started semi truck. Tower 82 approached a break between some houses and noticed the smoke was coming from a home in the area.

Upon arrival to the structure heavy smoke was coming out of the first floor alpha-bravo bedroom window. Engineer Hales took Eaglecrest command requesting all Lehi FD units to respond and Lone Peak FD Engine 181.

Firefighter Stanley who was acting in as Engineer that day connected to the fire hydrant located in front of the home on fire, establishing a great water supply. Firefighters Carlson, T.W. Robinson, and Taylor took an attack line, tools and a fan for PPA to the front door and prepared for entry.

The fire bedroom window and master bedroom window were utilized for the exhaust openings. Crews made entry into the structure with aggressive positive pressure attack. Ambulance 81 firefighters Hover and Hatfield were instructed to establish a back up group and assisted with knock down of fire in the room of origin.

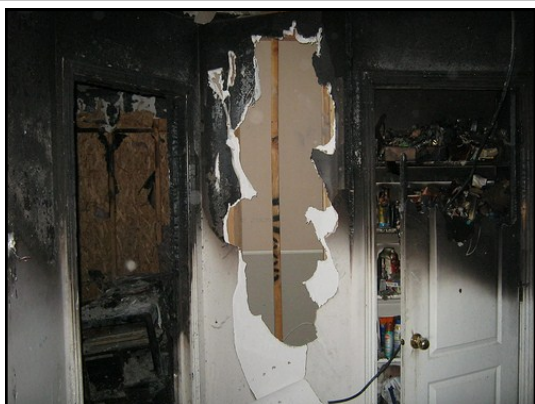
Engine 81 Captain Curwen, Engineer Wells and FF D. Smith established RIT on the alpha side of the structure and secured the utilities to the residents. Engine 181 assisted with overhaul of the structure. Chief Howard assumed command after arriving on scene and was assisted by Chief Freeman from Lone Peak FD. Investigation was completed by Fire Marshall Kerry Evans.

The family was saddened by the loss of their home, but due to fast action and aggressive firefighting several valuables and the family pet was saved.

I would like to thank those who have been involved in our training for the success we had with the fire. Aggressive PPA and highly trained professional firefighters was simply the reason we were able to contain this fire to the room of origin.



**Engineer Eddie Hales**





# Fighting Fire Through Fire Safety Education



**Firefighter  
Kevin Beck**

We all know that as firefighters we spend a lot of time and do all types of training that we use to extinguish fires and to keep us safe when fighting these fires. It is with this same thinking that we have to train and educate our citizens to have them be successful in preventing and surviving fires.

To help us achieve this we can divide our citizens into four groups, 1- Preschool and Kindergarten ages 2- Elementary school ages 3- Adults (including middle school ages). 4- Senior citizens. And here are a few examples of things to train and educate each group on.

## Preschool and Kindergarten ages:

Firefighters are our friends, stop drop roll and cover, crawl low under smoke, keep away from matches and lighters.

## Elementary school ages:

What firefighters do, how and when to call 911, smoke detectors, what to do when it goes off and where they are located, matches and lighters (being responsible with such tools in front of younger children)

## Adults (including middle school ages):

Escape plans (Edith), common causes of fires (overloaded outlets, candles, extension cords, etc.), smoke detector maintenance, kitchen safety and let them ask questions.

## Senior citizens:

Have working smoke detectors and maintain them, escape plans (Edith), turn pot handles away from front of stove, don't leave food unattended on stove if they have to leave take a potholder or spatula with them as a reminder.

If we train and educate our citizens about fire safety it will help reduce and prevent fires in our community, we need to train them as we would train to fight fires. Remember we are fighting fire through fire safety education.



## **BIRTHDAYS**

- Dale Ekins - February 1st
- Patrick Cullen - February 8th
- Rob Rowley - February 18th
- Jeff Swenson - February 22nd
- Stephen Johnson - February 28th

## **CALL TOTALS**

### **Station 81**

**Medical: 65**

**Fire: 33**

**Total: 98**

### **Station 82**

**Medical: 33**

**Fire: 31**

**Total: 64**



# Long Time Firefighter/EMT Retires with Honors!



**Firefighter Ron Berendson**

Ron Berendson retired from the Lehi Fire Department effective January 1, 2011 after 30.5 years of service. Ron served in many positions of leadership after becoming a member of the Lehi EMS in June, 1980. He served three terms as President of Lehi EMS and several more terms as the training officer. He was an EMT-I, EMT instructor and course coordinator and taught many EMT courses over the years. He currently teaches CPR, ACLS, and PALS courses in the community.

Ron became a member of the Lehi Fire Department in 1999, when the ambulance and fire departments combined, and cross trained as a Fire Fighter/EMT-I. Ron earned his Registered Nursing degree in 2004 and has worked in the emergency room at Utah Valley Regional Medical Center, American Fork Hospital and Timpanogos Regional Medical Center. If you know Ron at all, you know that he is very knowledgeable in the medical field and loves to mentor new EMTs, Firefighters, and Nurses. He loves to teach new personnel everything he knows to make them an asset to the medical field.

He suffered a stroke in 2002 which left him with left hemianopia (loss of vision in either the right or left sides of both eyes; a common side effect of stroke) and he has not been able to drive any of the emergency response units since that time.

When Ron started back in 1980, the backup ambulance was an old International- hearse style ambulance. At that time, Lehi Ambulance had recently separated from the old Lehi Auxiliary Police to become the new Lehi EMS. Everyone was excited to wear pagers, instead of listen for the old windup siren, or receive a call on the phone to respond to emergencies. Everyone who was available would drop whatever they were doing and respond from their homes in their private vehicles to the ambulance station, to jump in the ambulance to respond to emergencies. We certainly have come a long way since then!

Ron was a general contractor when he first started with Lehi EMS. He has since worked at the Utah State Prison and, more recently, as a Registered Nurse.

Ron has enjoyed hobbies which include Karate and woodcarving. You may have seen some of his handy work around at various Christmas parties, and may know that he created a beautiful carving of Lecil Harris, (the Lehi Round-up Rodeo Clown) which Lecil now owns.



**Engineer Randy Wells**